

Quality Accreditations in AYUSH Healthcare Services

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National Accreditation Board for Hospitals and Healthcare Providers (NABH) is a constituent board of Quality Council of India (QCI), set up to establish and operate accreditation programme for healthcare organisations. The board is structured to cater to much desired needs of the consumers and to set benchmarks for progress of health care industry. The board while being supported by all stakeholders including industry, consumers, government, have full functional autonomy in its operations.

Health sector trends suggest that no single health care system has the capacity to solve all of the society's health care needs. India can be a world leader in the era of integrative medicine because it has strong foundation in western biomedical sciences and an immensely rich and mature indigenous medical heritage of its own. In view of this NABH AYUSH Accreditation Standards were recently designed, revised and endorsed by ministry of AYUSH.

Accreditation as we say is basically a framework, which help healthcare organization to establish objective systems aimed at patient safety and quality of care. This is a public recognition of the achievements of organisation, demonstrated through an independent external peer review assessment in relation to the standards. It raises community confidence in the services provided by the health care organisation. It also provides opportunity to healthcare unit to benchmark with the best.

Finally, accreditation provides an objective system of empanelment by insurance and other third parties.

The NABH as an organisation has hospital standards which are reviewed and accredited by International Society of Quality in Healthcare (ISQua) that means it is at par with any global standard.

NABH Accreditation standards are endorsed by Ministry of AYUSH and are freely downloadable at the following web links:

For Ayurveda Hospitals <http://nabh.co/AyurvedaStandard.aspx>

For Yoga and Naturopathy centres <http://nabh.co/YogaStandards.aspx>

For Unani Hospitals <http://nabh.co/UnaniStandards.aspx>

For Siddha Hospitals <http://nabh.co/SiddhaStandards.aspx>

For Homeopathy Hospitals <http://nabh.co/HomeopathyStandards.aspx>

For Panchakarma Clinic <http://nabh.co/PanchakarmaStandards.aspx>

Here a special mention is regarding *panchakarma* clinic accreditation standards. Good health is a basic prerequisite to acquire materialistic, social and spiritual progress of the individual. Therefore, Ayurveda and particularly *panchakarma* put the great emphasis on preservation and promotion of health and prevention of disease. *Panchakarma* is one of the important techniques given in Ayurveda for body's purification as well as to cure various

ailments which are difficult to be cured.

Panchakarma purifies the tissues at a very deep level. *Panchakarma* is the ultimate mind-body healing experience for detoxifying the body, strengthening the immune system, restoring balance and overall well-being. It is one of the most effective healing modality in Ayurvedic Medicine promoting detoxification and rejuvenation.

Panchakarma word is not just limited to five therapies rather “*pancha*” words in Sanskrit is also considered as synonymous to “all” so all types of Ayurveda therapies can be included in scope of *panchakarma*. Most of these therapies can be performed on OPD basis at a *panchakarma* clinic.

Ayurveda is the oldest known organized medicine on the planet. The word ‘Ayurveda’ means knowledge of life and it is a part of Atharva Veda.

In the present scenario, *panchakarma* is one of the most emerging components of Ayurveda as it plays a very important role in the effective management of life style disorders which are on increase at a high rate. It is practiced in different parts of India and in many other countries. *Panchakarma* treatment is unique in the sense that it includes preventive, curative and promotive actions for various diseases. *Panchakarma* purifies and detoxifies the body by expelling metabolic toxins and in maintaining normal functioning of the body, improving metabolism and body coordination which may also help in various mental disorders.

Panchakarma treatment basically works by eliminating the disease causing factors and thus maintaining equilibrium in body tissues. Principles of *panchakarma* works on various theories explained in Ayurvedic classic viz. Theory of *panchamahabhoota* (five basic elements), *tridoshas* (three humours), *saptadhatu* (seven physio anatomical systems), *trimala* (three bio waste), *ama* (undigested metabolic toxin) etc. along with status of the

patient and severity of disease.

Therefore, it is important that such services are offered in a scientific and reliable manner by trained and competent professionals. To ensure this, accreditation of *panchakarma* clinics is a way forward. Accreditation provides a framework which helps a healthcare organisation to establish objective systems aiming to improve patient safety and quality of care. NABH, in order to operate specific accreditation program for *panchakarma* clinics, has developed these accreditation standards with the help of experts in this field.

NABH is of strong view that by using these accreditation standards, the Ayurveda healthcare organisations and professionals especially those engaged in *panchakarma* practice would benefit immensely and eventually these benefits would be passed on to patients and other stakeholders.

Panchakarma although is gaining more and more importance but this can be hazardous also if not done carefully by a qualified person and in a proper way and using proper precautions.

As patient safety is of utmost importance thus there is a need for setting up some accreditation standards for setting up a *panchakarma* unit or clinic.

‘Accreditation Standards for *Panchakarma* Clinics’ comprises objective elements and corresponding interpretation and remarks. It explains the objective element and methods to achieve the same wherever possible.

The *panchakarma* clinic participating in accreditation will be expected to provide three types of evidence:

- ☞ Approved documents that identify relevant service policy, protocols and/or strategies and set out how the clinic plans to deliver each standard and objective element therein.

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- ☞ Evidence that demonstrate that the *panchakarma* clinic is implementing these policies, protocols and/or strategies.
- ☞ Evidence that demonstrates that the *panchakarma* clinic is monitoring and evaluating its performance regularly in the implementation of its policies, protocols and strategies.

Ministry of AYUSH and QCI - NABH has developed *Panchakarma* Clinic Accreditation Program with the intention of providing safe and quality healthcare in Ayurveda *panchakarma*. It will provide a framework of uniform standards and reduce unintentional patient harm.

NABH in consultation with all stake holders including

Ministry of AYUSH , All India Institute of Ayurveda, Office of the Principal Scientific Adviser to the Government of India, and some prominent Ayurveda Healthcare providers in public as well as private sectors has prepared Accreditation Standards for *Panchkarma* Clinics.

These standards are also endorsed by Ministry of AYUSH and are freely downloadable from NABH website.

To make this program easily adoptable for large number of *Panchakarma* clinic owners, various templates and formats for clinical documentation were also developed

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